



T-Shirts

Sewing thread recommendations for t-shirts

Softness, strength and stretch are the key requirements for the seams used to make t-shirts. Coats offers sewing threads that are designed to deliver the required seam quality and excellent on machine performance.

Approximate overall thread consumption

Men's = 45 metres

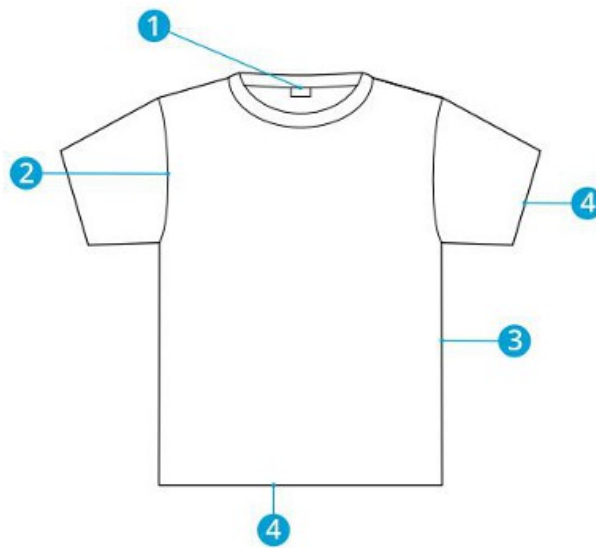
Ladies = 40 metres

Children's = 25 metres

Alternative thread types may be used depending on required final quality. The thread size will determine the choice of needle size.





Coats threads

Coats offer an extensive variety of threads for t-shirts. Please see our [thread recommendations](#) below.



Premium Woven Ultimate Soft Seams





Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|----------|------------|--------------|----------|------------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Epic | 24 or 30 | 120 or 100 | Epic | 24 or 30 | 120 or 100 | 70 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Seamsoft | 24 | 140 | Seamsoft | 18 | 160 | 70 - 80 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Seamsoft | 24 | 140 | Seamsoft | 18 | 160 | 70 - 80 |
| 4 |  | Coverseam | 406 | 14 - 18 | Seamsoft | 24 | 140 | Seamsoft | 18 | 160 | 70 - 80 |

Premium Woven Premium Quality Polyester

Corespun





Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-------------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|----------|------------|--------------|----------|------------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Epic | 24 or 30 | 120 or 100 | Epic | 24 or 30 | 120 or 100 | 70 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Epic | 24 or 30 | 120 or 100 | Epic | 18 | 180 | 70 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Epic | 24 or 30 | 120 or 100 | Epic | 18 | 180 | 70 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | Epic | 24 or 30 | 120 or 100 | Epic | 18 | 180 | 70 - 90 |

Premium Woven Premium Quality Polyester / Cotton


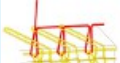


Corespun

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| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Dual Duty | 24 | 120 | Dual Duty | 24 | 120 | 70 - 80 |
| 2 |  | Overlock | 504 | 14 - 16 | Dual Duty | 24 | 120 | Dual Duty | 24 | 120 | 70 - 80 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Dual Duty | 24 | 120 | Dual Duty | 24 | 120 | 70 - 80 |
| 4 |  | Coverseam | 406 | 14 - 18 | Dual Duty | 24 | 120 | Dual Duty | 24 | 120 | 70 - 80 |





Premium Woven Eco Friendly Cotton

Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-------------------------------------------------------------------------------------|----------------------|-------------|-----------------------|-------------------------|----------|-----------|-------------------------|----------|-----------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | 80 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | 80 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | 80 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | EcoVerde Organic Cotton | 30 or 35 | 100 or 80 | 80 - 90 |





Premium Woven Post Dyed Cotton Garments

Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|----------|----------|--------------|----------|----------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Dymax | 30 or 35 | 60 or 50 | Dymax | 30 or 35 | 60 or 50 | 80 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Dymax | 30 or 35 | 60 or 50 | Dymax | 30 or 35 | 60 or 50 | 80 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Dymax | 30 or 35 | 60 or 50 | Dymax | 30 or 35 | 60 or 50 | 80 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | Dymax | 30 or 35 | 60 or 50 | Dymax | 30 or 35 | 60 or 50 | 80 - 90 |





Premium Woven Post Dyed (Europe Only)

Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-------------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|----------|----------|--------------|----------|----------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Tre Cerchi | 30 or 35 | 60 or 50 | Tre Cerchi | 30 or 35 | 60 or 50 | 80 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Tre Cerchi | 30 or 35 | 60 or 50 | Tre Cerchi | 30 or 35 | 60 or 50 | 80 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Tre Cerchi | 30 or 35 | 60 or 50 | Tre Cerchi | 30 or 35 | 60 or 50 | 80 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | Tre Cerchi | 30 or 35 | 60 or 50 | Tre Cerchi | 30 or 35 | 60 or 50 | 80 - 90 |

Premium Woven Excellent seam coverage

Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Surfilor | 18 | 180 | Surfilor | 18 | 180 | 70 - 80 |
| 2 |  | Overlock | 504 | 14 - 16 | Surfilor | 18 | 180 | Surfilor | 18 | 180 | 70 - 80 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Surfilor | 18 | 180 | Surfilor | 18 | 180 | 70 - 80 |
| 4 |  | Coverseam | 406 | 14 - 18 | Surfilor | 18 | 180 | Surfilor | 18 | 180 | 70 - 80 |

Premium Woven Embroidery





Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------|--------------|-------------|-----------------------|--------------------------------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 | - | - | - | 12 - 14 | Alcazar | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko Art | 18 | 180 | Epic | 18 | 180 | 65 - 75 |
| 1 | - | - | - | 12 - 14 | Sylko Metallic | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | EcoVerde Recycled Trilobal Polyester | 30 | 100 | Epic | 18 | 180 | 80 - 90 |

Premium Knitted Premium Quality Polyester

Corespun

Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|----------|------------|--------------|----------|------------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Epic | 24 or 30 | 120 or 100 | Epic | 24 or 30 | 120 or 100 | 70 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Epic | 24 or 30 | 120 or 100 | Gramax | 18 | 160 | 70 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Epic | 24 or 30 | 120 or 100 | Gramax | 18 | 160 | 70 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | Epic | 24 or 30 | 120 or 100 | Gramax | 18 | 160 | 70 - 90 |

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| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------|--------------|-------------|-----------------------|--------------------------------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 | - | - | - | 12 - 14 | Alcazar | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko Art | 18 | 180 | Epic | 18 | 180 | 65 - 75 |
| 1 | - | - | - | 12 - 14 | Sylko Metallic | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | EcoVerde Recycled Trilobal Polyester | 30 | 100 | Epic | 18 | 180 | 80 - 90 |

Standard Woven Premium Quality Staple Spun

Polyester

Coats industrial sewing threads are available in a range of fibre types and finishes, each designed to meet particular customer needs. Please see this comprehensive range below or, if there are further thread options available, please select an option from the dropdown menu.

| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Astra | 27 | 120 | Astra | 27 | 120 | 75 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Astra | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Astra | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | Astra | 27 | 120 | Astra | 18 | 180 | 75 - 90 |

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| | Image of stitch | Machine type | Stitch type | Stitch rating per 3cm | Needle thread | | | Under thread | | | Needle size Nm |
|---|-----------------|--------------|-------------|-----------------------|--------------------------------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 | - | - | - | 12 - 14 | Sylko | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko Art | 18 | 180 | Astra | 18 | 180 | 65 - 75 |
| 1 | - | - | - | 12 - 14 | Sylko Metallic | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | EcoVerde Recycled Trilobal Polyester | 30 | 100 | Astra | 18 | 180 | 80 - 90 |
| 1 | - | - | - | 12 - 14 | Alcazar | 27 | 120 | Astra | 18 | 180 | 75 - 90 |

Standard Knitted Premium Quality Staple Spun

Polyester

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|---|-----------------------------------------------------------------------------------|----------------------|-------------|-----------------------|---------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 |  | Lockstitch | 301 | 12 - 14 | Astra | 27 | 120 | Astra | 27 | 120 | 75 - 90 |
| 2 |  | Overlock | 504 | 14 - 16 | Astra | 27 | 120 | Gramax | 18 | 160 | 75 - 90 |
| 3 |  | Four thread overlock | 516 | 14 - 16 | Astra | 27 | 120 | Gramax | 18 | 160 | 75 - 90 |
| 4 |  | Coverseam | 406 | 14 - 18 | Astra | 27 | 120 | Gramax | 18 | 160 | 75 - 90 |

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|---|-----------------|--------------|-------------|-----------------------|--------------------------------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 | - | - | - | 12 - 14 | Sylko | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko Art | 18 | 180 | Astra | 18 | 180 | 65 - 75 |
| 1 | - | - | - | 12 - 14 | Sylko Metallic | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | EcoVerde Recycled Trilobal Polyester | 30 | 100 | Astra | 18 | 180 | 80 - 90 |
| 1 | - | - | - | 12 - 14 | Alcazar | 27 | 120 | Astra | 18 | 180 | 75 - 90 |

Premium Embroidery

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|---|-----------------|--------------|-------------|-----------------------|--------------------------------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 | - | - | - | 12 - 14 | Alcazar | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko Art | 18 | 180 | Epic | 18 | 180 | 65 - 75 |
| 1 | - | - | - | 12 - 14 | Sylko Metallic | 27 | 120 | Epic | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | EcoVerde Recycled Trilobal Polyester | 30 | 100 | Epic | 18 | 180 | 80 - 90 |

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|---|-----------------|--------------|-------------|-----------------------|--------------------------------------|-----|--------|--------------|-----|--------|----------------|
| | | | | | Brand | Tex | Ticket | Brand | Tex | Ticket | |
| 1 | - | - | - | 12 - 14 | Sylko | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | Sylko Art | 18 | 180 | Astra | 18 | 180 | 65 - 75 |
| 1 | - | - | - | 12 - 14 | Sylko Metallic | 27 | 120 | Astra | 18 | 180 | 75 - 90 |
| 1 | - | - | - | 12 - 14 | EcoVerde Recycled Trilobal Polyester | 30 | 100 | Astra | 18 | 180 | 80 - 90 |
| 1 | - | - | - | 12 - 14 | Alcazar | 27 | 120 | Astra | 18 | 180 | 75 - 90 |

Additional Information

In order to avoid damage to the fabric during the sewing of knitted garments, ball point needles are generally recommended.

The main factors to consider when selecting the sewing thread are:

- The demands of the stitching operation
- The amount of load / demand placed on the seam
- The type and weight of fabric being sewn

With stretch garments the importance of maintaining adequate stitch ratings cannot be overstressed. There should be enough thread engineered into the seam so that the required seam elongation is achieved, without overstressing the thread in the seam.

Coverseaming on sportswear garments may involve the following stitch types:

- 406 - Twin needle coverseam
- 407 - Three needle coverseam
- 602 - Twin needle coverseam with a top covering thread
- 605 - Three needle coverseam with a top covering thread
- 607 - Flatseam, Four needle coverseam with a top covering thread

The sewing thread recommendations laid out above are intended as a guide to aid the construction of garments with good quality seams. As garments of the same generic type differ in terms of fabric substrate and construction, and both making up methods and post make up processing can greatly vary, these recommendations should be viewed as a good starting point for thread selection.

Garment specific recommendations for thread and needle selection as well as accurate thread consumption figures and onsite technical support can be obtained by contacting your local Coats' office.

These recommendations and consumption figures are intended as a guide only and are given in good faith but without warranty or liability on the company or its employees.